FOUNDED IN 1997						
HOL	ROYD	HOWE				

FEEDING INDEPENDENT MINDS

Zunch !

Andre Malraux School

Week 1 w/c 15 th April	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Selection of Crudités with dips (H)	Carrot & Barley Salad	Soup of the day	Caser salad	Selection of Crudités with dips (H)
Main course	Home made Pesto pasta served with Mixed vegetables	Pork Cumberland Sausages Served with chips , Carrots & peas, Gravy	Chicken stir fry served with egg fried rice & vegetables	beef bourguignon served with cauliflower puree (H) & broccoli	Haddock fillet Served with Couscous & Seasonal veg
Main Course Vegetarian	Pesto pasta served with Mixed vegetables	Vegetable sausages Served with chips, Carrots & peas, Gravy	Quorn & vegetable stir fry served with egg fried rice	Vegetable bourguignon served with cauliflower puree & broccoli	Home made Honey roasted Vegetable Tart Served with Couscous & Seasonal veg
On the side	Mixed vegetables	Chips, Carrots, peas & Gravy	egg fried rice & vegetables	cauliflower puree(H) & broccoli	Couscous & Seasonal veg
Bread	Bread of Day	Bread of Day	Bread of Day	Bread of Day	Bread of Day
Dessert	Yoghurt Bar & Fresh Fruit	Ice cream & Fresh fruit	Yoghurt Bar & Fresh Fruit	Fruit Flapjack & Fresh fruit & Cheese	Yoghurt Bar & Fresh Fruit

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FEEDING INDEPENDENT MINDS

Junch 3

Andre Malraux School

	Week 2 w/c 22 nd April	Monday	Tuesday	Wednesday	Thursday	Friday
Section of the sectio	Starter	Selection of Crudités with dips (H)	Boiled Eggs	Soup of the day	Cucumber salad	Selection of Crudités with dips (H)
	Main course	Tomato & mozzarella pasta served with sweetcorn & courgettes	butter chicken curry(H) served with white rice and naan bread, mixed vegetables	Beef Chilli Served with Couscous, carrots & broccoli	Fresh pork sausage roll (H) served with mash potato & seasonal vegetables	Fresh fish cake served with Vegetable Barley, cauliflower & peas
	Main Course Vegetarian	Tomato & mozzarella pasta served with sweetcorn & courgettes	butter vegetable curry(H) served with white rice and naan bread, mixed vegetables	Veg Chilli served with Couscous, carrots & broccoli	Fresh cheese & onion sausage roll(H) served with mash potato & seasonal vegetables	Fresh rice & quinoa cake served with Vegetable Barley, cauliflower & peas
	On the side	Sweetcorn & courgettes	white rice, mixed vegetables	Couscous, carrots & broccoli	mash potato & seasonal vegetables	Vegetable Barley, cauliflower & peas
	Bread	Bread of Day	Naan Bread	Bread of Day	Bread of Day	Bread of Day
	Dessert	Yoghurt Bar & Fresh Fruit	Orange jelly & Fresh fruit	Yoghurt Bar & Fresh Fruit	Fruit salad & Cheese	Yoghurt Bar & Fresh Fruit

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HOL	ROYD	HOWE				

FEEDING INDEPENDENT MINDS

Zunch ?

Andre Malraux School

Week 3 w/c 29 th April	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Selection of Crudités with dips (H)	Quinoa salad	Soup of the day	Tomato salad	Selection of Crudités with dips (H)
Main course	Cheese Florentine(H) served with seasonal vegetables	Fresh Roast Gammon With sweet potato puree and peas	beef Bolognese served with spaghetti, carrots & green beans	BBQ chicken wings served with potato wedges(H) & corn	Fresh Baked Pollock fillet served with couscous and ratatouille
Main Course Vegetarian	Cheese Florentine(H) served with seasonal vegetables	Quorn roast with sweet potato puree(H) and peas	Veg mince Bolognese served with spaghetti, carrots & green beans	BBQ veg served with potato wedges(H) & corn	Spinach & tomato tart served with couscous and ratatouille
On the side	seasonal vegetables	sweet potato puree(H) and peas	Spaghetti, carrots & green beans	potato wedges (H) & corn	Couscous and ratatouille
Bread	Bread of Day	Bread of Day	Bread of Day	Bread of Day	Bread of Day
Dessert	Yoghurt Bar & Fresh Fruit	Strawberry sundae & Fresh fruit	Yoghurt Bar & Fresh Fruit	Cookies & Fresh fruit & Cheese	Yoghurt Bar & Fresh Fruit
	Main course Main Course Vegetarian On the side Bread	Starter Selection of Crudités with dips (H) Cheese Florentine(H) served with seasonal vegetables Cheese Florentine(H) served with seasonal vegetables Cheese Florentine(H) served with seasonal vegetables Seasonal vegetables Bread Bread Bread of Day Yoghurt Bar &	Week 3 w/c 29th April Monday Tuesday Starter Selection of Crudités with dips (H) Quinoa salad Main course Cheese Florentine(H) served with seasonal vegetables Fresh Roast Gammon With sweet potato puree and peas Main Course Vegetarian Cheese Florentine(H) served with seasonal vegetables Quorn roast with sweet potato puree(H) and peas On the side seasonal vegetables sweet potato puree(H) and peas Bread Bread of Day Bread of Day Dessert Yoghurt Bar & Strawberry sundae & &	Week 3 w/c 29th April Monday Tuesday Wednesday Starter Selection of Crudités with dips (H) Quinoa salad Soup of the day Main course Cheese Florentine(H) served with seasonal vegetables Fresh Roast Gammon With sweet potato puree and peas beef Bolognese served with spaghetti, carrots & green beans Main Course Vegetarian Cheese Florentine(H) served with seasonal vegetables Quorn roast with sweet potato puree(H) and peas Veg mince Bolognese served with spaghetti, carrots & green beans On the side seasonal vegetables sweet potato puree(H) and peas Spaghetti, carrots & green beans Bread Bread of Day Bread of Day Bread of Day Dessert Woghurt Bar & Strawberry sundae Yoghurt Bar & Weghart Ba	Week 3 w/c 29th April Monday Tuesday Wednesday Thursday Starter Selection of Crudités with dips (H) Quinoa salad Soup of the day Tomato salad Main course Cheese Florentine(H) served with seasonal vegetables Fresh Roast Gammon With sweet potato puree and peas beef Bolognese served with spaghetti, carrots & green beans BBQ chicken wings served with potato wedges(H) & corn Main Course Vegetarian Cheese Florentine(H) served with seasonal vegetables Quorn roast with sweet potato puree(H) and peas Veg mince Bolognese served with potato wedges(H) & corn On the side seasonal vegetables sweet potato puree(H) and peas Spaghetti, carrots & green beans potato wedges (H) & corn Bread Bread of Day Bread of Day Bread of Day Bread of Day Bread of Day Strawberry sundae & 2 cookies Yoghurt Bar & 2 cookies A cookies A cookies

(H) = Home made